

Reno County – Moving Forward

A plan for COVID-19 response

PURPOSE AND INTRODUCTION

This document has been developed and is grounded in the most up to date, published science related to the SARS-CoV-2 virus; supported by local healthcare and public health planning, response and infrastructure; and informed by timely and accurate surveillance data and trend analysis for Reno County in response to the current COVID-19 pandemic. This document has been prepared to offer guidance for a thoughtful and safe reopening of Reno County. Every resident of Reno County must continue to take personal and professional responsibility to ensure the safety of our most vulnerable residents and continue to ensure our healthcare resources are not overburdened.

The Reno County Health Officer will continue to monitor a selection of local indicators that are representative of COVID-19 activity in our community. Those indicators include:

1. Number of laboratory confirmed active cases of Covid-19 in Reno County
2. Number of positive per total tested in Reno County
3. Cases by date symptoms onset
4. Number of Clusters
5. Hospital COVID-19 Census and COVID-19 service utilization
6. COVID-19 Mortalities

Consistent daily monitoring of the above indicators will assure proper surveillance of COVID-19 activity and subsequently inform further action, if warranted through said indicators, to prevent uncontrolled spread of the SARS-CoV-2 virus within our community. All monitored indicators will continue to be made publicly available via the daily situation report supplied to the media and the Reno County Coronavirus Dashboard found on the renogov.org website.

To do this, the Reno County Health Department, the Reno County Health Officer, and the Reno County Board of Health offer the following guidance for safely reopening Reno County.

Submitted this 29th day of May, 2020.

In good health,

Nicholas Baldetti

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Health Officer

Gatherings	Individuals	Employers	Travel
<p>Maintain social distance where applicable</p> <p>A gathering > 100, consult with the Reno County Health Department for the best application of <i>Fundamental Public Health Guidelines</i></p>	<p>Maintain six feet of separation among individuals and between familiar groups</p> <p>Adhere to personal hygiene guidelines.</p> <p>Remain home if you feel sick.</p> <p>Cloth mask use is strongly encouraged.</p> <p>Best discretion in personal travel and attendance of populated events.</p> <p>A higher degree of urgency exists in applying these standards for high risk* persons</p> <div data-bbox="516 1262 797 1419" style="border: 1px solid black; background-color: #d9e1f2; padding: 5px; text-align: center;"> <p>HIGH RISK * 65+, underlying health conditions and immune-compromised</p> </div>	<p>Adhere to <i>Fundamental Public Health Guidelines</i></p> <p>Follow any additional sector specific best practices guidance including industry specific additional guidance which is released for business and employees that is released¹</p> <p>Six-foot separation and social distancing practice encouraged</p> <p>Long term care facilities and nursing homes will continue to adhere to regulations² which may be interpreted differently depending on the physical layout of the facility</p>	<p>Travel non restricted</p> <p>Adhere to KDHE travel and quarantine guidelines for travel to high-risk areas</p>

¹ CDC.gov, hutchchamber.com

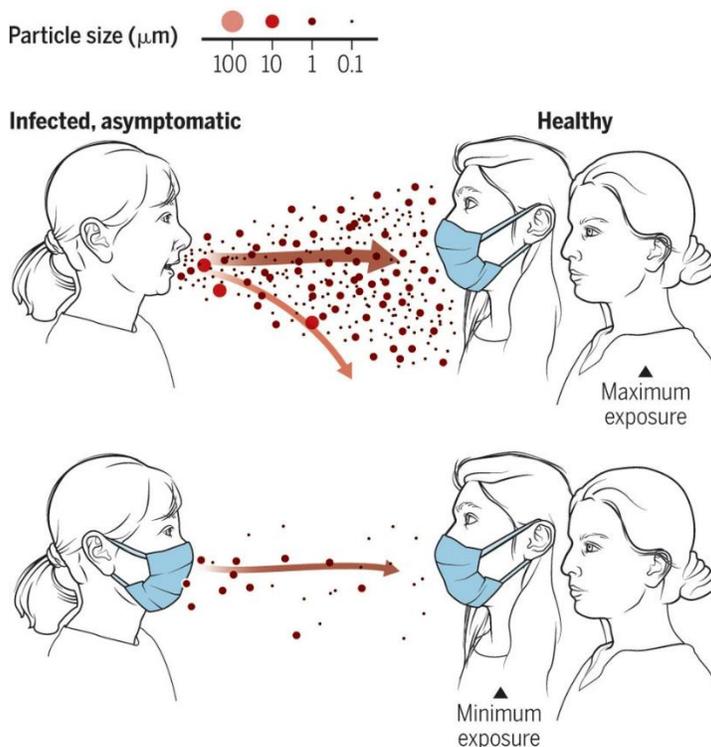
² Centers for Medicare & Medicaid Services, Centers for Disease Control and Prevention, Kansas Department of Health and Environment, Kansas Department of Aging and Disability Services, Corporate Offices and Medical Directors

GUIDANCE FOR INDIVIDUALS

Masks: Individuals are recommended to wear cloth masks in public settings as appropriate.³

Masks reduce airborne transmission

Infectious aerosol particles can be released during breathing and speaking by asymptomatic infected individuals. No masking maximizes exposure, whereas universal masking results in the least exposure.



GRAPHIC: V. ALTOUNIAN/SCIENCE

Outdoor Activities: When in public (e.g., parks, outdoor recreation areas, shopping areas), individuals (not including individuals who reside together) should maintain 6 feet of distance from others with only infrequent or incidental moments of closer proximity.⁴

Social Gatherings: Practice social distancing in both indoor and outdoor settings. Especially in circumstances that do not allow for a physical distance of 6 feet or more between individuals or groups pursue only infrequent or incidental moments of closer proximity (e.g., receptions, trade shows).⁴

³ Prather, K., Wang, C., & Schooley, R. Reducing transmission of SARS-CoV-2. *Science*. 2020, 27

⁴ Yao, M., Zhang, L. Ma, J, & Zhou, L. On airborne transmission and control of SARS-CoV-2. *Science of the Total Environment*. 2020, 731

High-Risk Individuals: High-risk individuals may resume public interactions but should practice physical distancing and minimize exposure to large social settings when precautionary measures may be difficult.⁵

Travel: Engage in nonessential travel but follow KDHE travel and quarantine guidelines for travel to high-risk areas.

GUIDANCE FOR EMPLOYERS

Telework: Employers may begin reducing telework and start bringing employees back to work in an office setting.

On-site Operations: Avoid large gatherings of employees social distancing protocols cannot be maintained except for infrequent or incidental moments of closer proximity AND phase in employees on-site as possible while maintaining 6 feet of distance between employee workstations.⁴

Potentially Sick Employees: Any employees exhibiting symptoms should be required to stay at home and asked to call their health care provider.⁶

Business Travel: Engage in nonessential travel but follow KDHE travel and quarantine guidelines for travel to high-risk areas.

ACTIVITIES AND VENUES

Maintain at least 6 feet of distance between individuals or groups.

Follow fundamental cleaning and public health practices. Any additional sector specific best practices guidance from each are strongly encouraged.

Avoid any instances in which a location is unable to maintain 6 feet of distance with only infrequent or incidental moments of closer proximity. This is due to the timelines associated with true *herd immunity**⁷

* "Herd immunity considers protection from a particular disease at the population level. The more people who are immune, the fewer the virus can infect. Nearly 60% or more for the population would need to be immune to reach heard immunity for COVID-19... it will be well in to 2021 before herd immunity threshold is reached"⁷

⁵ Lai, C., Shih, T., Ko, W., Tang, H-J., & Hsueh, P. Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and coronavirus disease-2019 (COVID-19): The epidemic and the challenges. *International Journal of Antimicrobial Agents*. 2020, 55(3)

⁶ Pan, A., Liu, L., Wang, C., Guo, H., Hao, X., Wang, Q., Huang, J. He, N., Yu, H., Lin, X., Wei, S. and Wu, T. Association of Public Health Interventions with the epidemiology of the COVID-19 outbreak in Wuhan, China. *Journal of the American Medical Association*. 2020, 323(19), 1915-1923

⁷ Rio, C. & Malani, P. Translating science on COVID-19 to improve clinical care and support the public health response. *Journal of the American Medical Association*. 2020

FUNDAMENTAL PUBLIC HEALTH GUIDELINES

INDIVIDUALS

Stay home as much as possible.

Wash hands frequently with soap and water for at least 20 seconds.

If soap and water is not available, use hand sanitizer with at least 60% alcohol.

Avoid touching your eyes, nose and mouth.

Distance yourself from others when in public, especially if you have a medical condition that puts you in a high-risk category.

Cover your mouth and nose with a cloth mask when in public.

Cover coughs and sneezes into an elbow or tissue. Throw the used tissue away and immediately wash your hands.

Clean and disinfect frequently touched surfaces daily, including phones, keyboards, doorknobs, handles and light switches.

INDIVIDUALS FEELING SICK

If you are experiencing any of the following symptoms, seek medical care: fever (>100 F or 38 C), headache, cough, sore throat, rash, shortness of breath, chest pain, joint or muscle aches, weakness, vomiting, diarrhea, stomach or abdominal pain, and lack of appetite.

Stay home except to get medical care.

Separate yourself from other people in your home.

Wash your hands often & avoid touching your face.

Designate someone to routinely clean high-touch surfaces.

HOUSEHOLDS WITH SICK FAMILY MEMBERS

Give sick members their own room if possible and keep interactions limited.

Consider providing additional protections or more intensive care for high-risk household members.

Have only one family member care for them.

EMPLOYERS

Develop and implement appropriate policies in accordance with federal, state, and local regulations and guidance documentation and share with employees.

Continue to use telework if possible and consider use of variable work schedules.

Use nonmedical cloth masks.

Frequent handwashing of employees and/or use of gloves.

Use of gloves does not take the place of good handwashing, and gloves must be changed frequently to be effective.

Incorporate engineering controls such as physical barriers where possible.

Reconfigure space to enable people to be located at least 6 feet apart.

Support and enable employees to remain at home if they are unwell or have been in close contact with someone who is sick.

Establish strict routine cleanings by sanitizing frequently touched surfaces in between customer exchanges.

Provide signage at public entrances to inform all employees and customers of social distancing guidelines mandated within your business.

Create a plan for a potential outbreak or exposure in your community.

If an employee tests positive for the virus, immediately contact your local health department and follow their instructions.

HIGH-RISK POPULATION*

High-risk individuals include those with underlying medical conditions, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or who are otherwise immunocompromised.

Wear face masks when traveling outside of your household or interacting with other individuals.

Monitor health and potential symptoms closely and report any signs of COVID-19.

Limit all travel; telework if possible.

Limit attending gatherings of any number of people outside of your household or residence.

Do not visit nursing homes or other residential care facilities if possible.

Those who are, or work with, high-risk populations should undergo daily screenings/symptom monitoring and should be tested if they develop symptoms.

Households with high-risk individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the high-risk individual, including wearing a face covering and washing hands frequently.

* Individuals who are classified as high risk are those 65-years or older AND/OR individuals that have an underlying health disease such as, but not limited to, heart disease, diabetes, etc.. as well as those individuals of all ages that have an immunocompromised condition.

General Reference and Resources

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.coronavirus.kdheks.gov/>

<https://www.hhs.gov/coronavirus/index.html>

<https://www.nih.gov/health-information/coronavirus>